



Physical Activity and Medications

Beta-blockers (*propranolol, atenolol, metoprolol, sotalol, carvedilol*)

- May limit the heart's ability to beat faster in response to exercise. This may result in difficulty catching your breath, tiredness, and muscle soreness with only a mild or moderate effort.

Solutions:

1. Increase amount of time doing warm-up and cool down.
2. Reduce intensity and lengthen duration of activity.
3. Ask your provider if you can take a lower dose or an alternative drug.



Thyroid replacement medication (*levothyroxine (Synthroid™)*)

- May limit exercise ability if too much or too little medicine is taken

Solution: Ask your provider to check your thyroid levels to make sure you are on the correct dose of medication.

Steroids (*prednisone, dexamethasone, hydrocortisone, methylprednisolone, fludrocortisone*)

- May cause loss of muscle mass leading to weakness and poor endurance
- May causes mood swings which could affect your motivation to be active

Solutions:

1. Start slow, increase intensity and duration slowly.
2. Positive thinking and friends/family can help keep motivation high.
3. Ask your doctor if it is ok to take a lower dose or an alternative drug.

Diabetes Medications (*insulin, metformin, glyburide, glipizide, rosiglitazone*)

- Exercise causes natural lowering of blood sugar; but in some cases exercise combined with your regular diabetes medications might result in dangerously LOW blood sugars. Symptoms of low blood sugar include shakiness, feeling lightheaded, weak, or confused, or feeling extremely hungry.

Solutions:

1. Monitor your sugar with your meter carefully when you first begin a new program of physical activity or when you increase the intensity or duration.
2. Be sure to eat something before exercising first thing in the morning and avoid exercising close to bedtime.
3. Ask your provider for help adjusting your diabetes medications if you experience low blood sugar during or after exercise.